

Double your impact

Catholic Charities depends on each of us to make these stories possible. It takes clients brave enough to reach out for help, staff trained to provide support, and compassionate people like you who give back to create a stronger community.

A generous donor has pledged \$10,000, challenging our community to match them by June 30th. **Give today to double your gift and help us meet this challenge!** We need your support as we work to create opportunities for all of us to thrive.



SCAN THE QR OR VISIT [CCTWINCITIES.ORG/DONATE](https://cctwincities.org/donate)

Summer is in the air!

It's the ideal time to volunteer! We invite you to volunteer your time serving those most in need. We have many opportunities for you to choose from—visit cctwincities.volunteerhub.com and create your own account to start now! We offer on-site and off-site opportunities for both individuals and groups, and we'll work with you to find something that matches your interests.. Email us at volunteer@cctwincities.org






CATHOLIC
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Twin Cities
VOICE

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Michael Goar
President & Chief Executive Officer

Desirae Butler
Chair, Board of Directors

Building Bridges

Every day, I see the power of connection. Over the past several months, our Catholic Charities team has engaged in critical bridge building—to leaders in business, throughout our community, and especially with the State legislature. To be sure, there was much at stake this year. With historic state budget surpluses on the table, Catholic Charities made sure to raise our voices about the role that we play—and have played for more than 150 years—to provide a much-needed safety net for our most vulnerable neighbors.



Did you know that of the nearly 20,000 Minnesotans who experience homelessness any given night, nearly half use emergency services to survive? Catholic Charities operates four Emergency Shelters and two Day Service Centers across the Twin Cities, in addition to the nearly 1,000 units of supportive housing we manage. During the long legislative session, countless hours were spent behind the scenes educating lawmakers, testifying with clients, and collaborating with partners on solutions to our shared challenges. I am proud of our team, and grateful for your ongoing support to do what is right for our community.

I hope you enjoy these stories about ways we can all continue to make a difference and find common ground as one community, working together for all.

Michael Goar
President and Chief Executive Officer

CREATING OPPORTUNITIES FOR PEOPLE TO THRIVE.

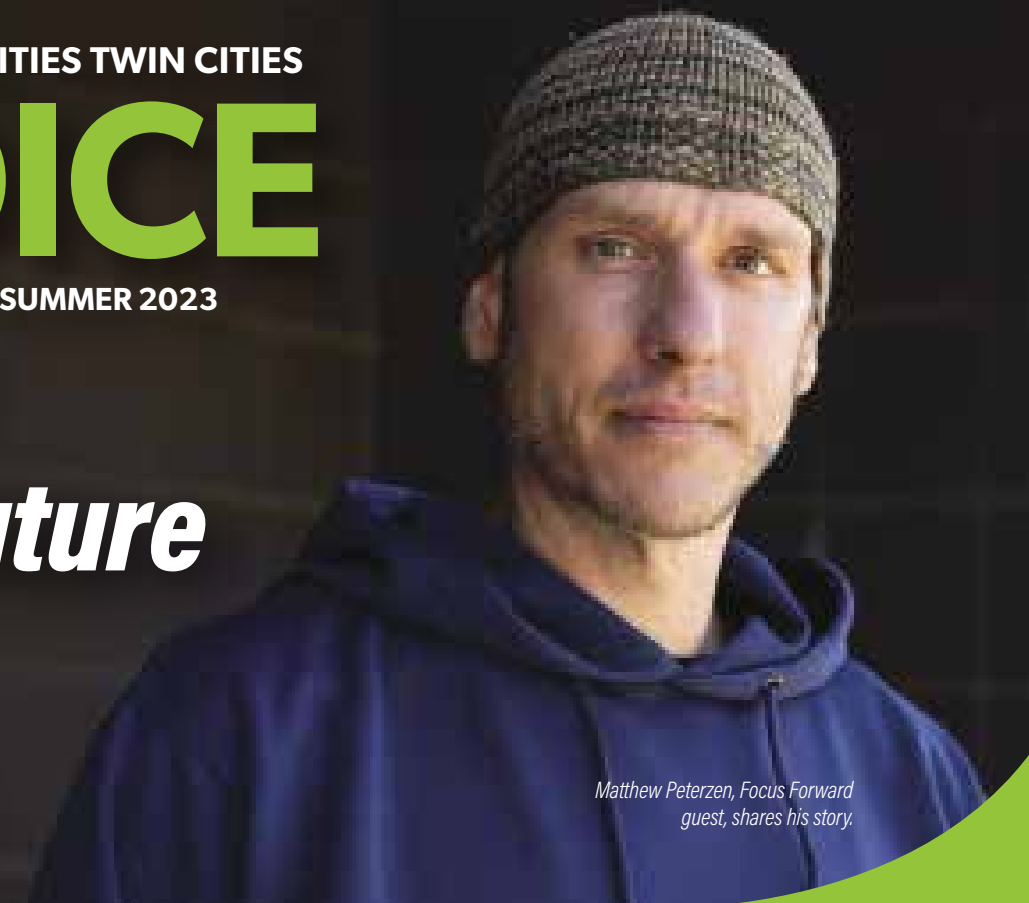
CREATING OPPORTUNITIES FOR PEOPLE TO THRIVE.

CATHOLIC CHARITIES TWIN CITIES
VOICE
SUMMER 2023

Focused on the Future

Inside:

- Veteran Homelessness Updates
- Volunteer Spotlight: Jim Anderson
- 2023 Legislative Session Outcomes



Matthew Peterzen, Focus Forward
guest, shares his story.


**Connecting
the Dots
Together**

In early May, we hosted our first-ever **Connecting the Dots** event, which brought together new and longtime supporters to connect more deeply with the mission of Catholic Charities!

Dozens gathered at Finnegan's Taproom in downtown Minneapolis to learn about the current landscape of homelessness in the Twin Cities. Social Justice Education Manager Mike Rios-Keating led the group through a budget exercise that demonstrated the financial challenges associated with enrollment in Minnesota's Housing Support Program.

Housing Support is a statewide program designed to prevent and end homelessness. However, for people receiving Supplemental Security Income (SSI) and veterans benefits, accepting Housing Support can leave them with just \$121 each month for basic expenses like food, a phone, clothing, and transportation. Everyone agreed that living on \$121 per month was nearly impossible—and many were forced into risky decisions to make ends meet.

This year, Catholic Charities successfully led a diverse coalition of partners from across the state to ensure veterans and individuals with disabilities aren't forced to pay more than 30% of their monthly benefits toward Housing Support costs. This will help more people exit homelessness and help those with housing keep it.



Stay tuned for future Connecting the Dots events, or reach out to us at info@cctwincities.org to host an event with your network!

“I hope for the best and no longer want to expect the worst.”

One year ago, Matthew Peterzen was released from Hennepin County Jail with nowhere to go.



Struggling with addiction, this wasn't his first time in jail—but this time he had no one to call, nowhere to stay for the night. He hopped on the light rail without knowing which direction it was headed and rode it all the way to Saint Paul, where some outreach workers connected him with a shelter bed.

Over the next nine months, Matthew orbited the supportive services at Dorothy Day Campus, where he slowly got to know Case Manager Michael Kaup. Eating his meals indoors but frequently opting to sleep in his truck parked outside, Matthew describes that time as feeling like “groundhog day”—until one day he noticed that his legs were extremely

swollen. “I ended up taking a bus down to HCMC, going to the emergency department,” Matthew remembers. There, he was devastated to hear that the edema in his legs was caused by congestive heart failure. At only 44 years old, drug use and homelessness had taken a harsh toll on his body. Still, Matthew explains, “no one is ready to hear that.”

While hospitalized for the next two months, his doctors added an additional diagnosis: schizophrenia. Matthew suspects that he may have unknowingly been experiencing symptoms for a long time, something that is all too common amongst people experiencing homelessness.

(continued on page 3)

LEND YOUR VOICE AND MAKE OUR COMMUNITY A MORE JUST PLACE. VISIT [CCTWINCITIES.ORG/ADVOCACY](https://cctwincities.org/advocacy)

GIVE TODAY AT [CCTWINCITIES.ORG/DONATE](https://cctwincities.org/donate) OR CALL 612-204-8374

Providing Pathways to Stability

The St. Paul Opportunity Center, one of Catholic Charities' Day Service Centers, is a hub of activity each day—offering respite and supports to individuals who have nowhere else to go.

The first floor features a cafeteria that provides three hot meals a day, as well as access to mail, laundry services, showers, and hygiene supplies.

On the second floor, guests are greeted by Resource Coordinator Lauren Erchul McCabe's kind smile. Lauren is part of a team that welcomes guests, assesses situations, and helps people access critical resources that provide pathways to greater stability.

"I must see close to 100 people a day, all looking for a range of services," she says, including:

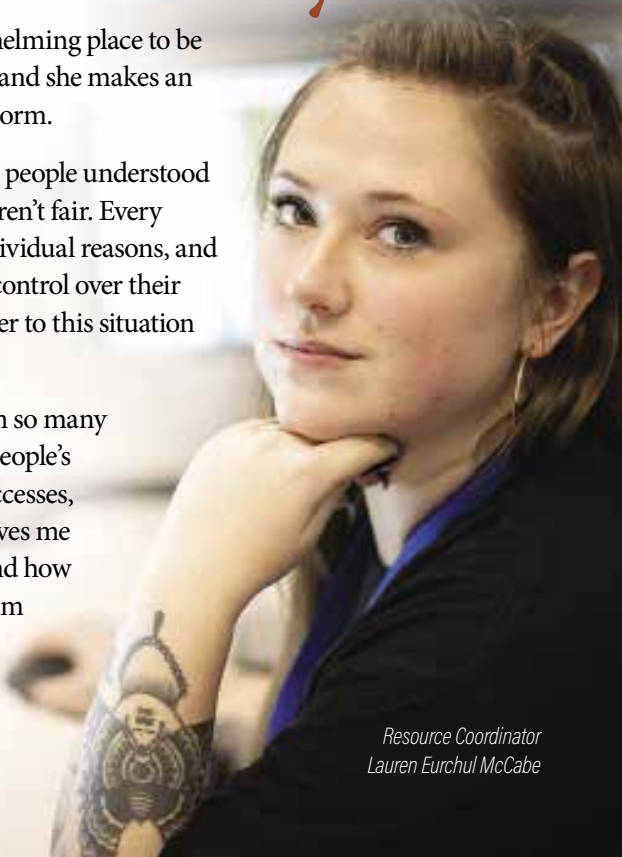
- ▲ Housing services
- ▲ Employment services
- ▲ Mental health services
- ▲ Medical Assistance (MA) and other benefits support

"This can be a totally overwhelming place to be for our guests," Lauren says, and she makes an effort to be the calm in the storm.

Lauren says she wishes more people understood that "preconceived notions aren't fair. Every person is here because of individual reasons, and many haven't had complete control over their story. A lot of people are closer to this situation than they would expect."

"Every day I get to learn from so many people," she says. "Hearing people's experiences in life—their successes, failures, even their jokes—gives me insight into their journeys and how I can help right now. Our team is amazing, and I know that together we do life-saving work. It brings me joy to be here."

Resource Coordinator
Lauren Erchul McCabe



Veteran Homelessness: Where are we now?

Every week at the Saint Paul Opportunity Center, veteran service providers demonstrate just how many resources are available to veterans experiencing homelessness. "This space helps veteran organizations connect with the community who is here," says Kristin Nord, Ramsey County Veteran Services Social Worker. "I want people to understand how many organizations exist and can cooperate in different ways."

When most people think about veteran services and benefits, they think of the United States Department of Veteran Affairs—commonly known as the VA. This is true for civilians, active military, and veterans alike. While the VA offers a multitude of services, there are other agencies in Minnesota that also deliver a huge impact.

Christine Bridgeman, Outreach Program Manager for the Minnesota Assistance Council for Veterans (MACV), explains how the state has nearly achieved "functional zero" for veterans, "meaning in all counties of the state except for Hennepin and Ramsey County, we will be able to house a veteran within 90 days of finding them."

This is thanks to collaborative efforts between agencies like MACV, the VA, Catholic Charities, and the Minnesota Department of Veteran Affairs. Ramsey and Hennepin Counties are working towards functional zero for veterans, but the lack of affordable housing and funding for subsidized housing currently stand in the way. "There is some low-income housing, but most have one year waiting lists," Kristin explains. "We need more subsidized housing built for veterans and the general population alike."

Fifteen Years of Dedicated Service

After retiring from the Navy and moving to Minnesota to start a second career at 3M, Jim Anderson decided it was time to give back.

He wanted to dedicate his efforts in support of a mission that aligned with his faith, so Jim got to know Catholic Charities Twin Cities through regular volunteering at different programs before joining the Board of Directors in 2009.

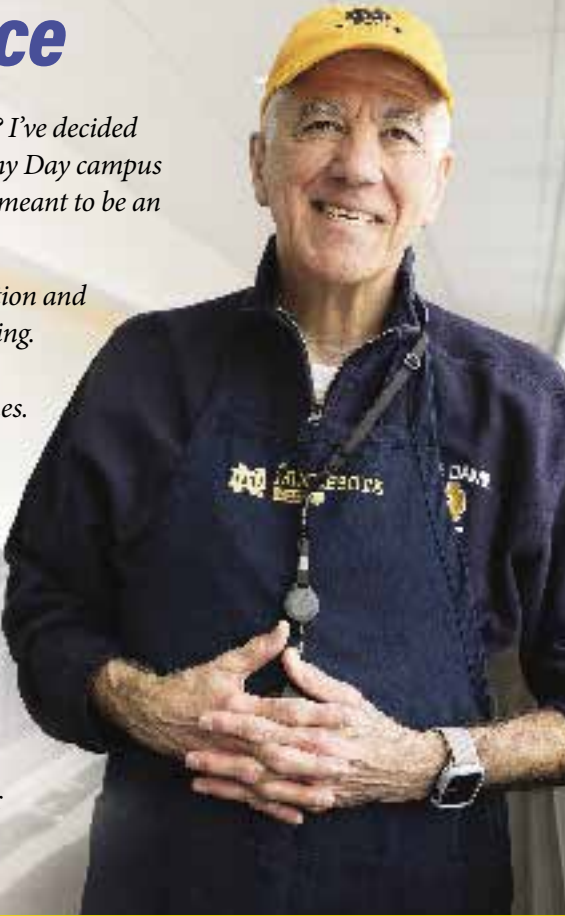
Since then, Jim has been a steadfast volunteer—and has introduced many of his friends and family to Catholic Charities along the way! We asked Jim why he keeps coming back:

"My wife and I moved from Stillwater to Saint Paul in 2017. Since that time, I've chosen to focus my service on my Saint Paul neighbors who are served by Catholic Charities. Jesus told the disciples that there are two greatest commandments: 'Love God and love your neighbor.' I've been thinking about

this regularly – who is my neighbor? I've decided that the people served on the Dorothy Day campus are my neighbors and my service is meant to be an expression of love.

I see volunteering as both an obligation and a privilege that I find highly rewarding. I think about the people we serve regularly and try to learn their names. I hope I communicate friendliness, interest and warmth when we interact—it's rare that I don't receive the same in return. No one who volunteers is untouched by the experience. I know it has changed me."

Jim encourages everyone to give volunteering a try—it's easy to sign up and do something good for your community!



LEARN MORE ABOUT HOW YOU CAN GET INVOLVED AT [CCTWINCITIES.ORG/VOLUNTEER](https://cctwincities.org/volunteer)

2023 LEGISLATIVE SUMMARY

130 words will be dropped in on May 23 from an article written by Lorna, possibly using bullet points to capture the main highlights affecting the work of Catholic Charities Twin Cities.

- ▲ **Sample bullet point #1.** Alanna shared that "a stay-at-home mom recently called seeking back rent for a month. Her partner was laid off, but just started a new job and would be able to pay rent costs."
- ▲ **Sample bullet point #2.** We coordinated with the property manager and—within two days—got the needed documents to pay back rent of \$1,704 with program funds.
- ▲ **Sample bullet point #3.** Catholic Charities received funding from Hennepin County to implement this program for the next two and a half years.
- ▲ **Sample bullet point #4.** We're experts at listening, mediation, and problem solving.



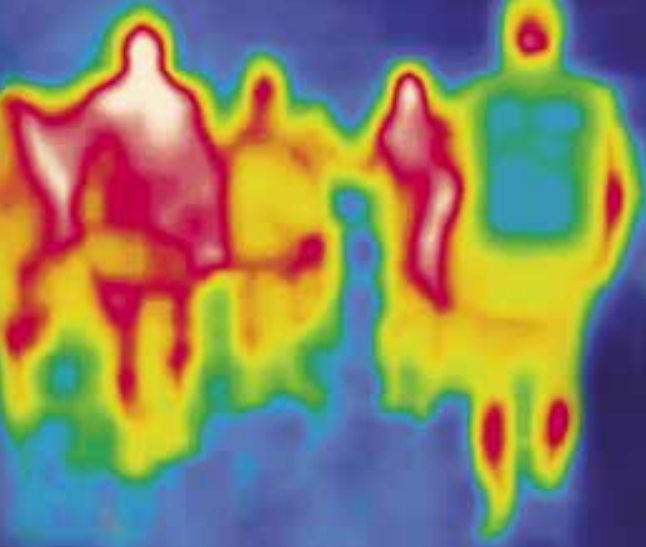
"I hope for the best..." (from page 1)

After being discharged from the hospital, Matthew returned to Dorothy Day Campus. There, Michael Kaup referred Matthew to Focus Forward, an enhanced shelter program that works to quickly connect people with housing once they're ready to take the next step.

Today, Matthew is 90 days sober. He's living in housing that supports his sobriety, spends time at an Addiction Health Center, and is doing everything he can to improve his health.

"I'm fairly certain that Focus Forward saved my life," Matthew said, "I could focus more on what I needed to do, I was getting sound sleep . . . you know, just all those things people need when they are looking for new opportunities."

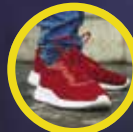
I hope for the best and no longer want to expect the worst. I want to share my story because if people can understand somebody in my position, it gives me hope for the future."



DEALING WITH extreme heat

For people experiencing homelessness, the extreme heat of summer can be as life-threatening as the coldest days of winter. Heat stroke can be life-threatening, especially for those over 55 years of age—a growing demographic among those experiencing homelessness. On hot summer days, our shelters fill up more quickly, and our staff work 24/7 to make sure those at risk receive the help they need.

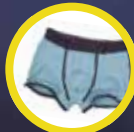
If you would like to help those struggling through extreme weather, we need donations of new, unused items, including:



Adult Footwear



Shorts (especially adult men)



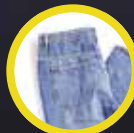
Underwear



Sunscreen



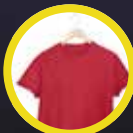
Water Bottles



Jeans (adult sizes)



Lotion (travel or full-size)



T-shirts (adult sizes)

Thank you for supporting our neighbors in need!